



## Who is Seriya?

Seriya is a Byron Bay Yogini whose exposure to her mother's Yoga and Healing life has left strong and lasting impressions on her very being. Her personal journey has guided Seriya to practicing and studying Meditation & Healing throughout Asia, the Middle East, Europe, Central and North America. All of these life experiences have expanded her knowledge and understanding while at the same time deepening her intuitive relationship with her Self, her planetary community and the Divine.

Seriya is certified in both Daoist Yin Yoga and traditional Sivananda Hatha Yoga and has also trained in the Hawaiian tradition of Kahuna Bodywork and the path of Shamanism for many years. In addition she is a certified Remedial Massage Therapist, Liquid Crystal Practitioner, Energetic Healer, Soul Retrieval Therapist, Sound Therapist and passionate Kirtan singer (devotional chanting) and instrumentalist.

In all of her life's work Seriya very consciously holds sacred space for her clients and participants with the centred intent to deeply respect, support, nurture and inspire their own healing and Self-growth.

Seriya was the Experiences Coordinator for 6 years at The Crystal Castle, Mullumbimby. In this role she trained, managed and led numerous facilitators while also developing and facilitating large workshops on Meditation, Yoga, Nature, Crystals and Sound Healing. The regular implementation of the multitude of skills related to creating and facilitating workshops for all walks of life further supported Seriya's personal and professional development.

Seriya also regularly holds her own women's healing events in Byron Bay as well as international Yoga/Adventure retreats. Her tertiary background in Theatre, Music and Teaching has given Seriya a solid foundation to be skilled, relaxed and confident in group facilitation. She has led large groups of up to 1500 people at festivals such as Evolve, Starlight, Splendour in the Grass, First Sun NYD Lighthouse and Spirit Fest. Seriya also travels widely, offering her workshops and private Intuitive Healing sessions at yoga studios throughout Australia. She shares everything from a place of authenticity, combining her extensive practical knowledge with healing, humility, spontaneity, compassion and lightheartedness.

To read more about what Seriya offers as the founder of Akshaya Healing visit [www.akshayahealing.com](http://www.akshayahealing.com)



## Who is Matty?

Matty Rainbow is a Byron Bay based, certified Kinesiologist, Sound Healer and Meditation facilitator who is always enthusiastically exploring new ways to deepen his knowledge, spiritual guidance and self-awareness. He is also an experienced Reiki Master, is fully certified in Advanced Liquid Crystals and has intensively studied the ancient art of Polynesian Bodywork, Kahuna.

Matty has regularly facilitated large Crystal and Sound Healing workshops at The Crystal Castle, co-facilitated the 'First Sun' New Year's Day event in Byron (1800+ people) and been a guest speaker at The National Kinesiologist Conference 2016. In addition Matty also immerses himself in Men's Work, facilitates Men's Empowerment Circles and has organised and presented numerous monthly Sound Healing events at the full moon rising on the Gold Coast.

By combining his multitude of healing skills and wide-ranging practical experience, Matty consistently and confidently commits to deeply supporting his wide range of clients and participants. His mission is to enhance, activate and inspire physical, emotional, mental and spiritual healing.

Matty is particularly passionate about sound and vibration and works with each of these elements to create a very gentle and relaxing, yet subtly profound and powerful, healing experience for his clients.

On a personal level Matty Rainbow is always exploring his conscious Self as a father, partner, surfer and lover of nature. Living an active, light-hearted and high-energy lifestyle you will often find him either creating something in the backyard or running up a mountain.

To read more about what Matty offers, visit [www.rainbowrising.com.au](http://www.rainbowrising.com.au)



## What do they offer?

Here is a list of workshops that Seriya and Matty offer for personal groups, retreats, teacher trainings or private gatherings.

Seriya and Matty both have a deep passion for holding space in a nurturing, grounded capacity. Some of these workshops can be held by both of them together to balance the masculine and feminine energy. Both Seriya and Matty have experience running workshops for groups up to 120 people and events such as Sound Healing and Yoga for groups up to 1500 people.

The workshop costs below are reflectively higher for two facilitators. Most of them can also be held individually for smaller groups. A lot of the workshops can be combined which is something often done in retreat settings in order to create a deeper experience. Workshops can also be themed depending on what the intention is of the event. Please feel free to ask any questions about what is on offer.

Please be mindful that usually the travel time and set up time is an added \$100 for the workshops. If booking in for more than one workshop or staying on site, this can be waived.

Seriya and Matty have worked for many years creating different workshops and events. If there is something you particular want to focus on within your retreat or event, reach out and ask if it is possible to create a workshop with that theme.

**Sound Healing:** A guided sound journey weaving breathwork, guided meditation, clear quartz crystal singing bowls, Tibetan bowls, tamboura, harmonium, flute, chimes, overtone and mantra. This session is best in the afternoon or evening. And ideal after yoga or chakra workshop. 1.5hrs- \$350 groups 10 and under. \$450 larger groups two facilitators and more instruments.

**Chakra Workshop:** A guided interactive meditation journey combining mantra, visualization, affirmations, Healing touch, chanting and reflection. Often booked before the sound Healing. 1.5hrs. \$240

**Yin Yoga class:** A nurturing deep session working on meridians, connective tissue and quietening of the mind. Seriya's classes offer guided meditations, philosophy, Healing touch, mantra and Massage. This class is best suited in the afternoon or evening.

1.5hr \$180 2 hr \$220. 15 plus students Matty assists in class with Seriya for an extra \$60 to support with Massage and adjustments. Often booked before a sound Healing.

**Fire ceremonies:** A guided journey in front of a fire with a ritual of letting go of what doesn't serve you. Including chanting, drum journey, guided meditation and physical release of spoken words. 1hr \$130

**Shamanic Journeying:** Guided drum journeys to support students connecting with different parts of themselves for healing or spirit guides/totem animals. Working in various worlds. This journey includes time to share the journey and experience with partner afterwards to help with integration.

1.5hr \$190

**Women's/Men's Circles:** Both Matty and Seriya are passionate about doing work integrating the embodied feminine and embodied masculine individually - so men and women can then come together from a more loving place. Sharing circles are a powerful way to connect to your emotional body from a place of truth and have the courage to express that. These circles are held in a safe space with a talking stick in order to tap into an open loving presence.

1.5hrs- depending on size of the group. \$150

**Crystal Workshop:** A 1.5 hr guided interactive workshop introducing tools to work with crystals and learning the power of how they can bring Healing into your life. 1.5hr \$240

**Meditation Workshop:** An interactive opportunity to be guided through various types of meditation tools with practice that can support different personality types. Ideally focused on beginners. 1.5hrs \$240

**Mantra Workshop:** An interactive workshop to learn more about the power and potency of mantra and working with different sounds. This workshop supports students in understanding and feeling the potency of Bhakti. It introduces the devotional aspect of chanting with ritual and the energetics of different diets.

1.5hrs \$240. 10 plus students another facilitator needed for drumming extra \$60

**Kirtan:** A chanting event which guides receivers into a couple of hours of just chanting and being in the Bliss of mantra. Slow gentle chants combined with some upbeat energizing Kirtan to get the body moving. 2-2.5hrs \$350-\$400 cost ranging depending on musicians. Including 2 vocalists/harmonium, drummer and guitarist. More than 40 people cost is \$600 as would need sound equipment and engineer.

**Kahuna Flying Workshop:** A workshop that includes Hawaiian Philosophy and Hawaiian Tai Chi like movements to support a flow in the body and calmness in the mind. 1.5hr \$200

**Dance Workshop:** A moving dance journey that works with different parts of the body to tap into various aspects of self-reflected through the chakras. 1.5hrs \$240

**Music of the Plants Workshop:** A bridge between the world of spirit and the world of modern science. This workshop shares the experiences and research about working with plants as sentient beings. And then offering an opportunity for the plants to sing. 1.5hrs \$240

**Yin Yoga with the Plants Workshop:** A reflective journey combining Yin and the Singing plants as an opportunity to tap into the power of nature and how it can be used for deep healing in a myriad of ways. 3 hrs \$370



## Private therapy sessions:

**Kinesiology:** Kinesiology is a gentle and non-invasive modality that uses the art of muscle testing to acquire information on what the body requires to restore optimal balance. Originating in the 1960's, Kinesiology combines Western techniques and Eastern wisdom to promote Physical, Emotional, Mental, Nutritional and Spiritual well-being.

1.5hr \$130 with Matty Rainbow

**Intuitive Healing Massage:** A combination of massage styles, drawing from Deep Tissue, Swedish, and Hawaiian, each style is chosen through listening to what the clients body needs at that moment during the treatment. This is combined with energy healing – a practice of balancing chakras and clearing blockages in your energy field. Seriya also weaves shamanic bodywork into the session.

The flowing sequence often includes crystals, Tibetan & crystal sound bowls, and finishes with a card offering an intuitive message chosen specifically for the client during treatment.

Each treatment includes a short consultation to share what may have arisen within the healing. Please note that the entire session times include your pre and post consultation. This one also includes a reading during the session seeing what minerals the body is lacking, and how this may be affecting you not only physically but emotionally and spiritually too.

And then Seriya guides you through a meditation at the end of the session and makes up the Liquid Crystal Minerals for you to take home and support you on your healing journey.

\*Health Fund Rebates Apply and this can be a Pre-Natal massage if needed.

2.5 hr \$330 including 2 month liquid crystal trinity (worth \$60)

Deep tissue/Remedial/Relaxation Massage 1.5hr \$130

Kahuna Bodywork. - Hawaiian flowing sequence of massage therapy. 1.5hr \$160 2 hr \$180

Reiki : Healing touch added to any session or an individual offering. 1hr \$70

These treatments are offered by Seriya or Matty.

To see details read website [www.akshayahealing.com](http://www.akshayahealing.com)

[www.rainbowrising.com.au](http://www.rainbowrising.com.au)



